

# THE S.E.L.F PROGRAM

## STUDENTS EXPLORING LIFE'S FOUNDATIONS

The S.E.L.F program is organised around six key topics.

DISCOVER YOUR UNIQUE IDENTITY

YOUR PURPOSE & PASSION

EMOTIONAL INTELLIGENCE

USING CHOICE & RESPONSIBILITY

THE TRUTH ABOUT YOUR VALUES

PERSONAL WELLBEING

Each topic contains an online presentation that is supported by a workbook and reflective journal.

### Students receive 1 QCE credit

The S.E.L.F program aims to ensure students have a solid foundation in self awareness and thus reduce anxiety, increase self-confidence and achieve a sense of wellbeing and happiness in order to be successful in a life of their choosing.



#### The S.E.L.F program accounts for 1 QCE credit

Students gain important personal & career soft skills whilst banking 1 QCE credit towards their Queensland Certificate of Education (QCE).



#### Developing skills

S.E.L.F is a life skills program that aims to develop the skills young people need for a healthy and authentic sense of self awareness in order to make informed decisions about their life and their future. It also provides students with the opportunity to connect with people and organisations that can support them post-school.



#### The S.E.L.F program prepares students for:

- Employment and managing a work/life balance.
- A healthy, long career, learning how to minimise burn out.



#### Fee for service

The S.E.L.F program is available as an additional supportive resource to students who enrol in a Connect 'n' Grow Certificate II program. The program could be included in year 10 careers programs or pastoral care to year 10, 11 or 12 students with a focus on wellbeing or making connections for future study and/ or employment.

The fee for this program for students who are not completing a Connect 'n' Grow program is \$70.

SCAN TO REGISTER YOUR INTEREST IN THE S.E.L.F PROGRAM

Want more information? Email [schools@connectngrow.edu.au](mailto:schools@connectngrow.edu.au) Phone 1300 283 662



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